



# Greenfield Primary School

*Excellence and Enjoyment for All*

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Headteacher: Mr B Storey, B.A.Hons

Dear Parents/Carers,

On Monday 3<sup>rd</sup> February to Friday 7<sup>th</sup> February we will be celebrating Children's Mental Health Week 2025. This year's theme, "Know Yourself, Grow Yourself", has been organised by the charity Place2Be and will be centred around the characters from the Disney film Inside Out.

Throughout the week, we will be encouraging children to embrace self-awareness to enable them to grow in confidence and to develop resilience. Classes across school will be taking part in lots of activities which focus on understanding their emotions, likes, dislikes, talents, and how to overcome challenges.

Classes will also have the opportunity to watch Inside Out to spark discussions and to support learning around this year's theme. **As Inside Out is rated PG, please inform your child's class teacher if you would prefer they do not watch the film.**

**On Friday 7<sup>th</sup> February**, we are inviting the children to come to school wearing the colours of the different emotions seen throughout Inside Out:

Joy- Yellow

Sadness- Blue

Anger- Red

Fear- Purple

Disgust- Green



We ask that children come to school in as many of these colours as possible to reflect the different emotions we all experience. Please note, there is no need to buy anything new or fancy for this event however, we kindly ask that you consider donating £1 to the Place2Be charity. Donations can be made by bringing in £1 cash into school. If you would like to find out more about Children's Mental Health Week and the fantastic work done by Place2Be, please visit their website [Place2Be's Children's Mental Health Week - Official site](https://www.place2be.org.uk/childrens-mental-health-week).

Thank you for your continued support, and we look forward to seeing the children's colourful outfits on Friday!

Yours sincerely

Miss Gabbidon PSHE/RSHE Co-Ordinator

Mrs Porter Mental Health & Well-being Co-Ordinator

